



AMETHYST MOON

P.O. Box 87885

TUCSON, AZ 85754

www.amlifecoaching.org

NEWSLETTER
MAY 2007

AUTHOR'S NOTE



I thought you might enjoy a little peek inside of *Choices in the Great Circle*....so this month I'm including a passage from the book and a short explanation to go along with the excerpt.

As far as changing the title of the Newsletter...so far the suggestions range from "Moonbeams" to "Purple Paper Passion". So, I think it best to wait until a few more suggestions come in!! If you have any ideas, please email me at lin@amlifecoaching.org. Until next month.....Lin

Sneak Peak at Choices in the Great Circle

In the passage that follows, the main character, Amay, has been training to become a member of a society of men and women whose job is to serve mankind and honor ancient secrets, rituals and healing rites know as the Old Ways. Like many of us, Amay is often filled with self-doubt. It is then that she questions her chosen path, her abilities and her skills. The following excerpt from pages 356 - 359 in Choices in the Great Circle demonstrates her struggle:

The Elder spoke, "Sequester yourself until you have the answer to this question, 'What are the symptoms of someone who is worthy?' Return when you know the answer."

Amay felt the burden of this assignment. It came at a time when she had done nothing but question her worthiness. She made her way out to the small clearing where she always stayed. Hours passed and she was only filled with thoughts of all the reasons she was not worthy. She wanted so badly to please the Counsel, so she started creating an inventory of attributes she felt made someone worthy. More agonizing hours passed.

After creating many useless lists of worthiness symptoms, Amay finally understood. She jumped up ecstatic that she knew the answer. She had spent so much time fighting with herself, blind to the answer because she was trapped in her own feelings of not being worthy. Now the answer seemed so simple:

there is no list of worthiness attributes. The actions we take and events we involve ourselves in are meaningless when it comes to being worthy. Actions and events are just methods of learning. The truth was simple. Everyone is worthy. They just have to realize that they are, for that is the key to turning desire into reality.

Amay had taken almost ten hours to reach this conclusion. She had no concept of how much time had passed, but she knew it must have been a long time because the sun was just beginning to rise in the east. She did not bother with combing her disheveled hair, changing into a fresh tunic or washing off her face. She simply ran at top speed back to the Counsel of Elders. She did not know why she ran there. Who would have expected them to still be there ten hours later, waiting on her? Yet she somehow knew she must get there.

A tired looking young lady was sitting on a rock by the entrance. She had propped herself against the stone wall and was obviously struggling to stay awake. However, when she saw Amay approaching, she shook herself awake, jumped up and stepped forward to meet her. The young girl grabbed both of Amay's hands in her own; her stare bored deep into Amay's eyes. She very seriously asked, "Do you have an answer for the Counsel?"

Panting, Amay said, "Yes. I do."

"Are you sure of your answer? The Counsel does not allow second chances."

Amay stared back at the very somber young girl. She knew that there must be a lot at stake, depending on her answer. Amay knew in all of her being that her answer was correct, so she replied, "Thank you, but I am very sure of my answer." In fact she was so sure that she did not even fear the reaction of the Counsel.

The young girl let go of Amay's hands and walked back to the cave's entrance. Just inside the passageway Amay heard her whisper to another young girl waiting there, "This one is ready. Let her know that I sent the others away."

The second young girl responded, "Yes, Melissa," and scurried inside the cave. Melissa turned back to Amay and motioned for her to pass. She curtsied as Amay walked by her. "The Counsel awaits you."

Amay paused at the top of the aisle that led to the front of the room to calm her breathing. She was no longer winded from running there, but she was breathing rapidly because she was excited about being able to deliver her response. It was then that she noticed that the Counsel must have waited here, sitting patiently and silently, the entire time she was gone. Feeling a little ashamed at having taken so long, she began the slow walk down the aisle to where an Elder awaited her return. Amay wondered about the other young women that had received their words the night before. She had not seen them before and conjectured about their presence. *Had they been given the same question as me? Were they also in training?*

When she realized she was allowing her mind to drift, she shook her head and regained her focus. She thought, *Only a few more steps to go now.*

The woman that stood at the front of the meeting room still wore her cape over her head so that her face was not visible. Her voice startled Amay when it boomed out from under her cloak. "Do you have an answer?"

Amay thought she might recognize the voice and wondered if this could be Mordraine. Amay responded, "Yes, My Lady. I do have an answer."

"What are the symptoms of someone who is worthy?" repeated the Elder.

Boldly and confidently Amay responded, "There are no specific set of symptoms or traits of worthiness.

We are all worthy. Each person must realize this on their own in order to create their own reality from their desires.”

Amay self-assuredly waited for the Elder to react to her answer. She did not remove her eyes from the dark space under the cloak where the Elder’s face should be. Minutes passed and the room remained silent. Amay could feel her confidence beginning to wane. She thought logically through her response and then remembered her mother’s latest advice. She checked her answer again, but this time she listened to her body, feeling for the inner voice of intuition to see how it reacted. She felt good and so her confidence returned. Her posture even improved slightly.

As if the Elder knew her inner conversation had finally completed and reached a conclusion, she spoke, “Today you will be training with me.”

Explanation for the previous excerpt: When I looked back at the journals I’ve kept over the last two decades, I found many scribbles that centered around the subject of being worthy. In fact, the excerpt above is actually based on my own experience of trying to list the ‘symptoms of worthiness’ in my journals along with a dream I had that seemed to answer the question about worthiness. The bottom line is: If we do not see ourselves as worthy being just who we are, we can get stuck in a pattern of negative self talk and thinking we are not good enough or that we do not deserve to be happy, have a good life or enjoy ourselves. When we can accept that we are born worthy and that never changes -- regardless of our choices and actions -- then our attitude and behavior will reflect that belief. When we lose sight of being worthy, then our behavior also reflects that belief and our choices can be destructive.

To order
Choices in the Great Circle
please go to www.amlifecoaching.org and click on ‘Fiction’



NEW RELEASE !!!

The latest release from *AMETHYST MOON PUBLISHING* is a book about the samurai sword. Because I instruct the sword arts, its subject had particular appeal to me. The cover art for ***The Samurai Sword: Looking at the Form, Fit & Function of a Masterpiece*** was created by the talented and modest Colin Louk.

**The Samurai Sword:
Looking at Form, Fit &
Function of a Masterpiece**



Jon Boyd

Author Jon Boyd has worked with knives and blades for over 25 years as a knife and sword maker as well as flint knapper. His interest in the samurai sword and his knowledge of edged weapons is apparent in this informative book detailing many aspects of the sword. Approaching this subject from many angles, Boyd presents unique information that can not be found in any other book.

Starting with a brief history of Japan and how the sword evolved, ***The Samurai Sword: Looking at Form, Fit & Function of a Masterpiece*** discusses the parts of the sword, including the design features and purpose of each component. He then describes the physics behind the sword, which covers the weight, balance, speed, force, drag, and the proper place to strike to achieve the optimum cut. Also included are details on how to choose, assemble, disassemble, clean, and store a sword.

The Samurai Sword: Looking at Form, Fit & Function of a Masterpiece is a valuable resource for any sword enthusiast.

To order

The Samurai Sword: Looking at Form, Fit & Function of a Masterpiece
please go to www.amlifecoaching.org and click on 'Non-Fiction'

Amethyst Moon Publishing's Mission

Amethyst Moon Publishing's mission is to expose authors and artists who demonstrate unique creativity. Amethyst Moon Publishing seeks out talented individuals whose work might otherwise not be published, and we also endeavor to help boost the careers of young, gifted individuals.

Disclaimer

This newsletter is opt-in and can be un-subscribed. This message is sent in compliance with the anti-spamming bill, Section 301, p.(a)(2)(c) of S.1618, whereas by providing method of contact and removal of this message, cannot be considered as spam. If you are receiving this and you did not request it or you wish to be removed from our mailing list, send an email to info@amlifecoaching.org with the word REMOVE in the subject line. Include additional addresses and aliases which you wish to be removed. Any and all slander and/or libel which, in any way, results in public relations damage for our organization, downtime or loss of business, will be cause for liability action to the fullest extent of the law. Under no conditions is this list rented out or sold: it is for the use of this newsletter only. All opinions expressed are those of the editors.

Please visit us at www.amlifecoaching.org for information about products, speaking engagements, consultations, and coaching. This is a virus-free email. ©Amethyst Moon 2007, All Rights Reserved.